

MODULE 3 – SUMMARY AND REFLECTION

Module 3 starts off with a comparison of grit versus talent. Which one is more important in helping you to achieve your goals? It will always be grit, or perseverance. Talent determines the upper limit of how far you can go, but for most goals, it's perseverance that gets you where you want to be.

Anyone can develop persistence. It's just a matter of practice until it becomes a habit. The ability to persist during any challenge is the key to your long-term success.

Even though you have a great desire to achieve your goal, the difficulty level or time required could make you want to give up. Try these techniques to complete what you start:

- Visualize the expected result.
- Be consistent.

- Notice what you've done so far.
- Maintain a positive outlook.
- Have realistic expectations.
- Avoid under-estimating the time it will take to finish.
- Make a vow to finish.
- Recognize when you must tweak your results.
- Divide large goals into mini-goals.
- Practice finishing the small tasks in your life.

Lastly, if you want to quit, consider your reasons. You might have a very good reason for wanting to stop pursuing a goal.

Use these strategies to keep yourself from quitting prematurely:

- Give yourself time to make a wise decision.
- View the situation objectively.
- Think long-term.
- Ask yourself if a new approach is warranted.

- Ask yourself why you're considering quitting. Could there be another solution instead?
- Reflect on the times you've given up in the past.
- Sometimes you just need to forge on.

Perseverance is a major trait of those who are successful. If you give up every time you face obstacles, you'll struggle to achieve your goals. Take the time to practice persistence. You'll be glad you did!

SELF-REFLECTION QUESTIONS:

1. Think back to a time when you persisted in a goal, despite challenges. How did this success make you feel? What did you learn from the experience?
2. Consider a time when you caved in to your challenges and gave up. Why did you decide to quit? What did you learn from this experience?
3. Think of the unpleasant tasks you need to do in your job and around the house. Pick some of the smaller tasks to stop putting off so you can practice perseverance each day. Remember – perseverance is a habit. How can you adjust your schedule to ensure that you make time for these tasks?

4. Are you thinking of quitting one of your goals?
Follow the strategies you learned in this module to reconsider. Perhaps you just need to adjust your approach.
5. Sometimes, if our desire to continue pursuing our goals seems to be waning, a major reason is that we don't give ourselves time to devote to working toward our goal. There just doesn't seem to be enough hours in the day.

Is your schedule too full to fit in working toward what's most important to you? What can you reduce or eliminate to make room to pursue the life you desire?